



Nutrition Policy

Updated March 2023

STATEMENT OF PURPOSE

The purpose of this nutrition policy is to guide decisions about the foods we acquire and distribute to our clients, who are experiencing food insecurity. Loaves & Fishes is committed to providing healthful foods that are important for the immediate and long-term well-being of children and adults. This policy applies to all foods donated to, purchased by and distributed by Loaves & Fishes.

HEALTHFUL FOODS WE WILL ENCOURAGE

The following foods are those that we will actively seek when appropriate and possible:

A. FRUIT AND VEGETABLES – including:

Fresh produce: a full variety of fruits and vegetables

Frozen fruits and vegetables: packed without syrup or sauces; 140 mg of sodium or less

Canned fruits: packed in water, 100% juice, or no added sugars

Canned vegetables: with 140 mg or less sodium

B. WHOLE GRAIN AND WHOLE GRAIN-RICH FOODS – including:

100% whole grains: such as rolled oats, barley, wild rice and brown rice

Whole grain pasta: that contains a whole grain as first ingredient;

Not less than 3 gm of fiber; 230 mg or less sodium per serving

Whole grain-rich cereals: that contain whole grain as first ingredient;

Not less than 3 gm of fiber; No more than 10 gm sugar per serving with no fruit;

No more than 16 gm sugar with fruit

C. DAIRY FOODS: LOW-FAT DAIRY OR DAIRY SUBSTITUTES – including:

Plain milk and yogurt: Low-fat (1%) or skim/non-fat milk and yogurt

Milk substitutes: Unsweetened milk substitutes (e.g., soy milk, almond milk)

Cheese: Reduced fat or low-fat

D. LEAN AND ALTERNATIVE PROTEIN FOODS – including:

Meat, poultry, seafood and beans: low-fat, sodium 230 mg or less

Eggs

Dried or canned beans and lentils: (if canned, with 140 mg or less sodium)



Nutrition Policy - continued

FOODS WE WILL LIMIT

The Dietary Guidelines for Americans recommend limiting foods and beverages that contribute mainly 'discretionary' calories from added fats and sugars. These foods tend to be high in calories and low in nutrients. We will not actively seek or procure foods in this category and will work toward reducing our inventory of these types of items:

A. SAVORY SNACK FOODS—including:

Chips: Corn, potato, puffed cheese, tortilla

Crackers: (not including lower/reduced fat, whole grain or baked)

Frozen french fries, onion rings, pork rinds

High sodium meats, such as hot dogs, bologna, salami, sausage, preserved meats

B. BREAKFAST SWEETS, SNACK FOODS AND DESSERTS—including:

Cakes, cookies, bakery items, muffins, pastries, pies, frozen desserts, pudding, ice cream

C. SUGAR SWEETENED BEVERAGES —including:

Sweetened fruit drinks: Fruit flavored drink or water with caloric sweetener, fruit nectars, fruit punch, fruit smoothies with caloric sweetener

Sports drinks: Examples are Gatorade Sports Drinks®, Powerade Sports Drink®

Sweetened coffees and teas: Blended iced coffee drinks, café mocha, presweetened powdered or ready-to-drink coffee; Presweetened ready-to-drink tea or tea mix

Vitamin-enhanced waters: Examples are Glacéau Vitamin water™, Propel Fitness Water®

D. EXCESSIVE QUANTITIES OF WHITE REFINED BREADS – including:

Sliced breads, hard crust breads, and buns

FOODS WE WILL NOT DISTRIBUTE

There are certain products that have little or no nutritional value and have a known negative impact on health. We will not accept these food donations into our facility or, if unavoidable, will not distribute to our clients.

Energy drinks: Examples are Full Throttle Energy Drink®, Monster Energy Drink®, Mountain Dew AMP Energy Drink®, Red Bull Energy Drinks, Rockstar Energy Drink®

Sodas: All soft drinks (regular and diet), sugar cane beverages, sugar-sweetened carbonated water

Sweets and Desserts: Donuts, Candy, Confections, Popsicles, and overly large cakes, Hostess and Little Debbie products

Finalized April 2019

2015 – 2020 Dietary Guidelines for Americans Eighth Edition, USDA Center for Nutrition Policy and Promotion;

MyPlate, USDA Center for Nutrition Policy and Promotion, Food and Nutrition Service

Feeding America, Foods to Encourage (F2E); Healthy Food Bank Hub.org

Eatright.org; Academy of Nutrition and Dietetics; Recommendations for Food/Health/Fitness